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Bill would grant cops more power

GANGS Alberta Liberal justice critic Kent Hehr is challenging all MLAs to



support a private member's bill to give police more power in seizing street-gang owned property after a fatal triple shooting in Calgary.

The bill will allow a peace officer to seize a vehicle operated by a person charged with an offence under Section 94 of the Criminal Code, unauthorized possession of a firearm in a motor vehicle.

"It is not the solution, but could be part of a mix of tools to take on gangs," Hehr said. **METRO CALGARY**

Food pg 10



Beans pack healthy punch

Homes pg 9

Eco-friendly carpet choices

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calgaryletters@metronews.ca



Loraine Francis and her son, Jerone, 6, pay their respects last night during a candlelight vigil for Keni Su'a, an innocent bystander killed when he fled the Bolsa Vietnamese Restaurant during a targeted gang shooting on New Year's Day.

Family forgives

Candlelight vigil held for Keni Su'a, shot New Year's Day

JENNIFER HILLIKER
for Metro Calgary

Forty candles lit up the sad faces of those mourning the loss of 43-year-old Keni Su'a last night, an innocent bystander who was fatally shot in a gang-related incident on New Year's Day.

The candlelight vigil, held outside of Bolsa Vietnamese Restaurant, was about remembering Su'a, and also reclaiming the spot in the parking lot in front of the restaurant

where Su'a died.

Police believe Su'a fled the restaurant when two shooters opened fire inside, only to be confronted by a third, and later shot when the two suspects inside followed him out.

Mosie Su'a, Keni's brother, will be helping to take Keni's body back to his native Samoa.

"We're taking our brother to his second home. I think he would call Canada his first home," Su'a said.

Pose Seumanuafa, a friend of the Su'a family

since birth, said he doesn't blame Calgary for what happened.

"Canada is a clean place, with very friendly people, and a safe place," he said. "Those are the feelings that Keni had when he arrived here. And those are the feelings that he'll take with him when they take his body back to Samoa."

Friends and family members laid flowers outside the restaurant, sang a Samoan hymn and prayed.

Many, including Mosie Su'a, said they forgive the gang members who killed

Su'a.

"We struggle with it," Seumanuafa said. "But we have to keep in mind that if we go down the road of unforgiveness than we are not allowing ourselves to heal."

Greg Boak, who used to work with Keni Su'a, expressed anger towards the police and said they should have done more to prevent the crime.

"They just have to crack down more. They have to do more on this, follow these guys and be more diligent about it," he said.

Mar seeks ban on plastic bags

JENNIFER HILLIKER
for Metro Calgary

Don't expect to be asked whether you want paper or plastic anymore. Soon, the option may not be available.

Ald. John Mar is hoping to reverse the negative effects plastic bags have on the environment by banning them, a motion he is bringing to the city council meeting on Monday.

"I think the public wants this," Mar said.

While the move to get rid of plastic bags is potentially controversial and may be difficult to implement, Mar points to cities like San Francisco, which have already embraced a plastic bag-free environment.

Markets and pharmacies in San Francisco have the option of using compostable bags made of cornstarch or recyclable paper, but at a cost between two and five times higher than for plastic.

"The bags are reusable so cost may not be a problem," said Roger Saint-Fort, chair of environmental science at Mount Royal College.

"They can last you for several years; it may actually be very cost-effective."

Landfill

• Mar said that less than four per cent of plastic grocery bags are currently recycled, and in a landfill it can take up to 1,000 years for them to break down.



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Avalanche warnings issued for Fernie and Banff
Snowboarders and skiers heading out to the backcountry are warned to possibly rethink their plans. The Canadian Avalanche Centre said the risk of snow slides in the Fernie and Banff areas are at high levels and avalanches are expected for at least the next two weeks. **METRO CALGARY**

Local



Dino park a finalist

The Alberta Provincial Dinosaur Park is getting international attention after being named as a finalist in the New 7 Wonders of Nature, vying against other sites such as Loch Ness and Mount Everest. Shortlisted candidates will be announced in July, and anyone can vote at www.new7wonders.com.

METRO CALGARY

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Photos related to homicide released

MURDER While police haven't determined how many suspects are responsible, they are releasing photos of five individuals who may have information about a June 2008 homicide.

On June 29 police found Daniel Jacob Levesque, 29, killed in his home, but for investigative purposes haven't released his cause of death. Police say the motive for the murder may have been robbery.

METRO CALGARY

metronews.ca

What's online today.

Medicine Scientists are developing tiny robots to fight disease from the inside at metronews.ca/canada

Video Experts predict Canada's economic fortunes will worsen in 2009 at metronews.ca/canada

Lotteries

Lotto 6/49: 10, 13, 19, 35, 39 & 41. Bonus 4
These results are not official.

A cool ride for Neto

Blinded exchange student goes for a ride in a bobsleigh

ALICIA FOX
for Metro Calgary

Snow flew and scenery flashed by as Jose Neto raced down the bobsleigh track at Canadian Olympic Park, but he saw none of it.

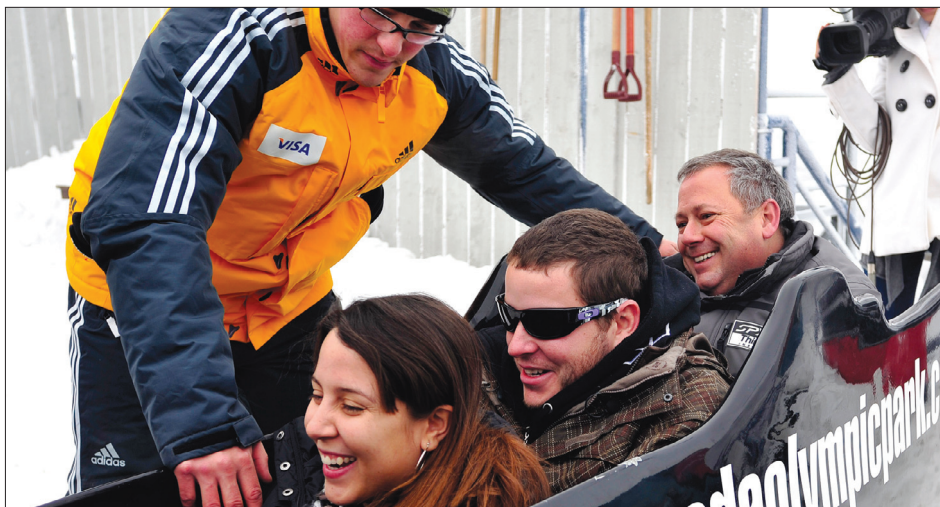
Blinded by a stray bullet, Neto was an innocent bystander in the wrong place at the wrong time near a fight that ended in gunfire on Sept. 16, 2008.

Yesterday afternoon, however, he and his girlfriend Roberta Porto had the opportunity to race a bobsled at 119 km/h with Olympic hopeful and pilot Trevor Irwin.

At a loss for words, Neto, all smiles, said that it was "better than I thought" and that it wasn't scary.

"My mind created lights passing so fast," he said after the ride.

The \$300 bobsled ride was part of a donation to a



Jose Neto, centre, a Brazilian exchange student recently blinded by a stray bullet from a gang incident, took the slide of his lifetime with his girlfriend Roberta Porto and family friend Kevin Taylor in a bobsleigh at Canadian Olympic Park.

fundraiser held by Irwin last summer to raise money for his team, but ended up in the lap of the CNIB when the donator said he wasn't up for the trip down the hill. Irwin said the CNIB suggested Neto because of all he had been

through.

In response to the violence Calgary has seen of late, Neto, regardless of the incident that blinded him, said that although it's sometimes difficult to walk through downtown he still has faith in Calgary.

"I get shocked every time I hear about (violence) here," Neto said. "I still think Calgary is a really safe place to live."



Watch Neto's wild ride at metronews.ca/local

Family upset with Thai murder trial

KRISTA SYLVESTER
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LIMBO Just a year after Calgarian Leo Del Pinto was killed in Thailand the trial is still in limbo, and the suspect has been released, a family spokesperson said.

While progress has been made in the case against off-duty Thai officer Sgt. Uthai Daechawiwat, the fact he has been released due to a "procedural error" has the family frustrated, brother-in-law Ross Fortune told Metro.

"They have assured us it was an honest mistake (the error) and we're disappointed," he added. "It's been tough on the family."

Del Pinto was killed on Jan. 6, 2008, and the family is holding a memorial tonight in his honour.

"The first year was tough because there are a lot of anniversaries and reminders," Fortune said, adding the family would like to have closure.

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Cause of Martingrove Road house fire is electrical

An electrical fault in a small air pump is responsible for the fire in a home on Martingrove Road NE Tuesday night. A male patient suffered minor smoke inhalation but was treated and released the same evening. **METRO CALGARY**

Alta. bankruptcies up 37% in Nov.

ECONOMY Alberta bankruptcies rose 37 per cent in November 2008 compared to the same month a year before that, a report released yesterday said.

Only 174 bankruptcies were reported in November 2007 but 640 were reported in Nov. 2008, the Federal office of the Superintendent of Bankruptcy reported.

The entire 12-month period saw 6,198 bankruptcies, an 18.2 per cent increase.

Sex assault charge against officer

INVESTIGATION An Albertan RCMP officer has been charged with sexual assault.

The Alberta Serious Incident Response Team (ASIRT) announced the charges yesterday in Edmonton against Fort Saskatchewan Const. Mario Jimenez, 36. The charges allegedly stem from an incident in November 2008, while he was off duty, but details are limited.

Jimenez will appear in court on Jan. 29 to face the charges. **METRO CALGARY**

Kids team hits big time

ALICIA FOX
for Metro Calgary

One Calgary youth hockey team took a shot at a contest and won big time.

The 19 boys on the Midnapore Peewee 2 Rangers team won a draw with the Scotiabank Hockey Tonight Kids contest that gives them the opportunity to announce this Saturday's Hockey Night in Canada game.

"(They're) not really a big team in stature, but

they play with a lot of heart and determination," said head coach Brad Askin.

Although only 10 of the boys, ranging in age from 11 to 13, will have a special speech and say a special thank you to Scotiabank for the opportunity, all 19 will announce their names and be seen on national television before the game.

"It's a fun opportunity to get the show rolling on Hockey Night in Canada," said team member Aaron Bender, 11.

His teammate, Brydon Devine, 12, who said he and his friends were all very excited about the opportunity, added, "I'll remember this for a really long time."

The team was one of 25 minor hockey league teams chosen from across Canada to announce different games. They were initially supposed to announce a Calgary Flames game, but when that fell through they instead had the chance to announce the game on Jan. 10.



Aaron Bender, 11, and Brydon Devine, 12, from the Midnapore Peewee 2 Rangers get to be huge stars on CBC's Hockey Night in Canada Saturday as they, along with the rest of their team, will appear on the pre-game show to introduce an NHL game.

ROBIN KUNISKI / FOR METRO CALGARY

Nose Hill work this summer

KRISTA SYLVESTER
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Work on Nose Hill Park is expected to pick up again this summer and the Parks department is hoping for minimal disruption to users.

Dave Harrison of the city parks department said the next phase includes work on the Berkeley Gate, Brisebois Drive and Winter Club parking

lots and entries.

"We want to try and alleviate as much disruption to users as possible during this work. We may just try to close part of the parking lots, and have alternative parking, but we're trying to avoid that as much as possible," Harrison said.

Last year the city completed the upper gravel trails and began design on the parking lots that are set to be constructed this summer.

Alberta leads in 'personal' loans

KRISTA SYLVESTER
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Shamefully admitting the fact that she has unpaid personal loans isn't easy but this personally indebted Calgaryan isn't alone.

Carolyn, too embarrassed to give her last name, owes over \$5,000 to friends and family, some debts dating back as far as 10 years ago.

"Well, I try and pay them

all back, but I know some need it more than others and I try to pay them back first. I feel bad but it's hard to catch up once you owe even one person," she said.

A survey released by Investors Group yesterday showed that 72 per cent of Albertans have borrowed between \$500 and \$5,000 from a friend or family member. That is the highest in Canada, but 26 per cent of Albertans said they haven't been

fully paid back.

"Everyone has the best intentions when it comes to helping out a loved one, especially if there is an urgent need or emergency," Investors Group spokesperson Debbie Ammater said.

But Ammater said unpaid personal debts can strain those important relationships. "Some may give in to feelings of obligations against their better instincts," she added.

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Canada has not received a ransom demand for a special UN envoy who was abducted in Niger last month, Foreign Minister Lawrence Cannon said yesterday. Robert Fowler, a former Canadian ambassador to the United Nations, and his aide Louis Guay were kidnapped on Dec. 14. **REUTERS**

Canada



Red Bull's language barrier

Red Bull Crashed Ice, a race in which skaters in full hockey gear hurl themselves down a very steep, 550-metre chute of ice, has drawn the attention of Quebec's language police. Scheduled to take place in Quebec City on Jan. 24, the race has no French name. The language police have suggested calling the contest "patinage de descente extrême (extreme descent skating)" but have not yet made an official request.

METRO NEWS SERVICES

B.C. lays nation's first polygamy charges

KRISTEN THOMPSON
Metro Canada



Two members of the alleged polygamist community of Bountiful, B.C., including leader Winston Blackmore, were arrested yesterday in what B.C.'s attorney general says is the first time Canada's polygamy law has been enforced.

Blackmore, 52, and James Oler, 44, have been charged with having multiple wives, which is against the law under Section 293 of the Criminal Code.

It's alleged Blackmore has 20 wives and Oler has two.

"I think this situation is

"I think this situation is intolerable. I don't think right-thinking Canadians want this situation to exist."

Wally Oppal, B.C. attorney general

intolerable. I don't think right-thinking Canadians want this situation to exist," Attorney General Wally Oppal said.

"We've always felt that there has been exploitation (in Bountiful)," he added. "The question was whether, given our laws, we were in a position to proceed (with charges), and we determined we were."

The RCMP has been investigating allegations of

polygamy and exploitation in the small religious settlement near Creston for 20 years.

In 2005, Oppal appointed an independent special prosecutor, Terrence Robertson, to determine whether a prosecution was warranted.

He said it's now up to the courts to decide whether the men's rights to religious freedom will trump the laws prohibiting polygamy.

Iraq war resister given the boot

DEPORTATION When Kimberley Rivera shipped out to serve in Iraq with the U.S. Army in the fall of 2006, she saw herself rebuilding homes, feeding the hungry and helping children.

Barely three months into her 15-month mission, Rivera, a gate guard in Baghdad, had had enough. A young mother herself, she was haunted by the sight of children crying, forever traumatized by the war.

On leave for two weeks, Rivera decided she couldn't go back to war. In January 2007, she packed up her family from Fort Carson, Col., and drove to Canada, hoping to obtain refugee status on humanitarian and compassionate grounds.

Rivera, the first female U.S. Iraq war resister to seek refuge in Canada, was told by the Immigration and Refugee Board yesterday morning that she and her family must leave the country by Jan. 27 or face deportation.

The decision will force Rivera, 26, to uproot her family — her husband, Mario, and their three children, including six-week-old daughter Katie — from their Toronto home. In the



Kimberley Rivera cradles her newborn baby Katie yesterday during a media conference. Rivera is the first female U.S. Iraq war resister to seek refuge in Canada. She was told yesterday that she and her family must leave the country by Jan. 27 or face deportation.

U.S., she faces the prospect of jail for desertion.

TORSTAR NEWS SERVICE

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OLG reaches settlement with scratch-ticket 'winner'

LOTTERY Unlucky lotto "winner" Thomas Nofall may not have won the jackpot, but the 27-year-old will take home some cash from the Ontario Lottery and Gaming Corp.

OLG offered Nofall an apology and an undisclosed financial settlement yesterday after a printing error on his lottery tickets led him to believe he had won \$135,000.

Nofall and his lawyer met with lottery officials yesterday at OLG headquarters in Toronto. After the meeting, Nofall told re-

porters he is happy with the apology.

"I didn't get my dream, so I'm going to keep playing Lotto 6-49," Nofall said. "I can keep hoping, can't I?"

The gaming corporation compensated Nofall not because of the misprint, but because an OLG employee told him he could collect his

winnings despite the error, OLG chief executive Kelly McDougald said yesterday.

"It was a very unique situation with Mr. Nofall," said McDougald.

TORSTAR NEWS SERVICE

Soldier facing murder charges released on bail

PETAWAWA Canadian Armed Forces Capt. Robert Semrau, charged with second-degree murder in last fall's shooting death of a severely injured Taliban fighter in Afghanistan, was released yesterday from custody.

"I am satisfied on the balance of probability ... that custody is not necessary," Military Judge Lt.-Col. Louis-Vincent d'Auteuil told the hearing.

After being held for eight days, Semrau showed obvious relief.

TORSTAR NEWS SERVICE

Canadian soldier dies in Afghan attack

AFGHANISTAN The 107th Canadian soldier of the Afghan war was killed and three others were injured in southern Afghanistan yesterday when a roadside bomb detonated near their armoured vehicle, military officials said.

REUTERS



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Japan to monitor greenhouse gases from space

Japan's space agency will launch a satellite later this month to monitor greenhouse gases around the world, officials said yesterday. **REUTERS**

5

World

U.S. urges 'ceasefire'

Rice pushes Israel on truce as Gaza toll rises

Israeli aircraft and tanks pounded the Gaza Strip yesterday and troops battled Palestinian guerrillas on the ground as U.S. backing of a proposed truce raised hope of an end to the 12-day-old offensive.

"We believe a ceasefire is necessary," Secretary of State Condoleezza Rice said, adding that she was pressing Israel to move forward with an Egyptian truce proposal.

The assault resumed fier-

cely after a first brief pause in combat to let Gaza's 1.5 million people stock up on supplies.

With both U.S. president George W. Bush's outgoing administration and president-elect Barack Obama speaking out on the need for peace, officials said Israel had agreed with the "principles" of the Egyptian deal and would send an envoy to Cairo to discuss how to put it into practice, which may yet take time.

However, Israeli minis-

Ottawa sends aid

• The Canadian government announced yesterday it will provide \$4 million in humanitarian aid to Gaza and repeated calls for an "immediate" ceasefire.

ters put off a decision on whether to launch a new phase of the war. A further 20 people were killed yesterday, bringing total Palestinian deaths to at least 658. **REUTERS**

U.S. Senate Dems move to seat Burris

POLITICS In a sudden switch, U.S. Senate Democratic leaders began talks yesterday about swearing in former Illinois attorney general Roland Burris, nominated by embattled Gov. Rod Blagojevich, to take president-elect Barack Obama's place in the Senate.

The turnaround came a day after Burris was barred from the Senate chamber when he arrived to take the oath of office.

Senate Democrats originally said Blagojevich's appointment last month of Burris was tainted since the governor is accused of having tried to sell the seat to the highest bidder.

A senior Democratic aide said they were seeking an "amicable agreement."

REUTERS

Singapore Heartbreak on display



Creators of the Museum of Broken Relationships exhibition, Drazen Grubisic and Olinka Vistica, are shown yesterday at the exhibit's opening in Singapore. The museum is a travelling display of items related to failed relationships donated by people who live in the cities the museum has visited. The exhibit has everything from letters and photographs to gifts such as soft toys, but also includes unusual exhibits such as a prosthetic leg from a war veteran who fell in love with his physiotherapist.

RIANA OTTA / REUTERS

China lawyer demands open books

ACTIVISM A high-profile Chinese lawyer demanded yesterday that the government open its books to the public in an unusually direct display of the legal activism that the Communist Party sees as a growing threat to its rule.

Yan Yiming, an attorney who has made his reputation taking on listed com-

panies that misled investors, presented an application to the Finance Ministry headquarters demanding that it publish details of its 2008 expenditure and 2009 budget.

China's ruling party discloses the barest outline of its spending to a submissive parliament every year. Yan wants the government

Information rules

• Yan's challenges will test landmark access to information rules that came into effect last year in a bid to combat rampant corruption and discourage coverups.

to live up to vows of transparency. **REUTERS**

News in brief

TRAFFIC Police in Nigeria have arrested scores of motorcycle taxi riders with fruit shells, paint pots or pieces of rubber tire tied to their heads to avoid a new law forcing them to

wear helmets. Some passengers refuse to wear them, fearing they will catch skin disease or be put under a black magic spell.

AFRICA Angola's capital Luan-

da is the world's most expensive place for foreigners, followed by Tokyo, a public relations director for London-based consultants ECA International said yesterday. **REUTERS**

The first step to a healthy weight loss

Part 2

The importance of cleansing your organism.

I have healthy eating habits; do I still need to cleanse my organism?

With the industrial agro-food revolution, our food has completely changed. Today our fruits and vegetables are charged with pesticides, some are genetically modified, for others the list of additives is a little alarming... Colouring: Modifies food appearance, Conservatives: Block the development of pathogenic micro-organism, Antioxidants: Slows food oxidation, Emulsifiers: Increases viscosity, Stabilisers: Prolongs and enhances colour, Artificial aroma: Artificially enhances taste. All this without taking into account the chemical sugars and artificial sweeteners. All of these additives are of course from chemical base.

Do we really know their effects, long and short term on the human body?

The elimination organs and their functions.

COULD THEY BE RESPONSIBLE FOR MUCH OF WHAT AILS YOU?

Although there are nine organs of elimination, or emunctory organs, we will focus here on the three most important ones: the liver, the kidneys and the bowels or intestines.

The Liver is the most important organ; it neutralizes toxic substances found in the blood, filters waste from the blood and eliminates these wastes in the form of bile in the bowels.

The kidneys continuously pump out the wastes found in the blood, diluting them in liquid and eliminating them in the form of urine.

The intestines with their length and volume contents, the intestines' role is a very important one. In fact, the quantity of waste that can stagnate, petrify or ferment is enormous and will have a major impact on intoxication especially if there is constipation present.

Whenever an emunctory organ fails to do its job adequately, the result is an accumulation of toxins which prevent the body from functioning as it should.

To be continued on January 10th...

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Comment & Views

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Obamania ... for now

Home&Abroad

Andrew Cohen

Canada & world insight

In the National Museum of American History, the repository of the U.S.'s past, the curators are not waiting for the inauguration of Barack Obama on Jan. 20.

They have already entered his name and face in its gallery of presidents, a permanent exhibition subtitled "A Glorious Burden." There he is, the smiling 44th president of the United States, the last in a glorious — or inglorious — line stretching from George Washington to George W. Bush.

There is that sense of anticipation in Washington, the imperial city seized with Obamania. It is as if the torch has already been passed; in stores and restaurants of F Street, it is all Obama, all of the time.

In the boutique of the Smithsonian Institution — in America they find the money to tell their story in a national history museum and a national portrait gallery — a clutch of new biographies of Mr. Obama are for sale.

A block from the White House, a large souvenir shop offers nothing but Obama memorabilia. Visitors are greeted by life-size cutouts of the man and a replica of the majestic desk that once belonged in the Oval Office of John F. Kennedy (from which his toddler, John Jr., was famously photographed peeking out from a front panel. Now, in doctored images, Mr. Obama's daughters are peeking out).

The president-elect's face is everywhere — on buttons, cuff links, pens, hot sauce, bookmarks, pins, golf balls, champagne

glasses, dish towels, paperweights, T-shirts. This week newspapers are running stories of Mr. Obama vacationing in Hawaii. They report breathlessly he has a great torso.

It is all very silly, but it shows the prominence of the president in politics, and in the zeitgeist, too. As singer Andy Kim once said of Richard Nixon, "he's everybody's daddy for awhile."

Then again, for a country enfeebled at home and encumbered abroad, facing epochal challenges, the prospect of change is a tonic for an ailing soul.

Inaugurations have long been occasions in America, which is always interested in the next new thing. They are a celebration of democracy as much as an affirmation of partisanship, which is why there is that parade, which goes on for hours, followed by all those extravagant balls.

With that comes

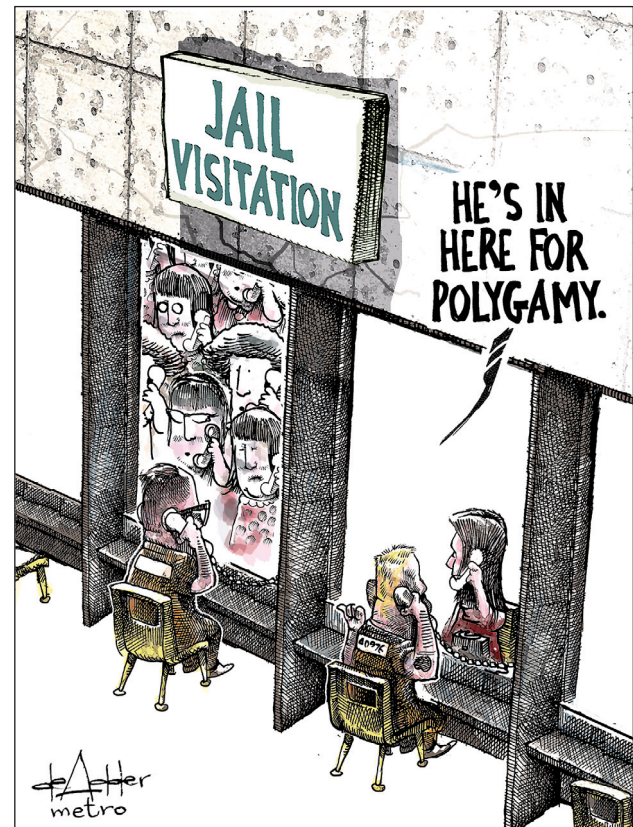
the usual commercialism, which has been around since Washington took the oath of office in 1789. To inaugurate is to commemorate. To commemorate is to sell. No one sells better than Americans.

The inscriptions on all those faux medallions do not say that Barack Obama was the first president born outside the 48 states or that he is the first sitting senator to take office since JFK. It is that Barack Obama is the first black American elected president. It will be the first line of his obituary. The second line, though, will say what he did with it.

The worse things get, the greater the expectations of the new president. His popularity will never be greater than it is today, as he will learn when the parade ends and cheers fade on Jan. 20.

He has been dealt a difficult hand, his burden is great, and it won't always be glorious.

Andrew Cohen teaches journalism at Carleton University. He is the author of *Extraordinary Canadians: Lester B. Pearson*.



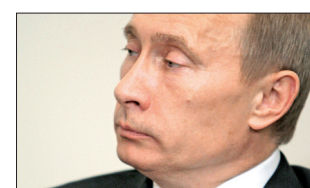
Russia pumps PR muscles in gas conflict with Ukraine

Russia has shown in its gas-price conflict with Ukraine it has learnt some lessons in how to handle the media since being portrayed as the aggressor during a similar dispute in 2006.

Moscow reduced gas supplies to Kiev on Jan. 1, as it did three years ago, cutting flows to European countries which receive gas through Ukraine. But this time, it has fared better in the public relations battle.

Since the dispute in 2006 the Kremlin has hired one of the world's largest public affairs firms, Omnicom.

In 2006, the European Union loudly condemned Moscow and openly questioned Russia's reliability as a supplier. This time Russian



Russian PM Vladimir Putin

Prime Minister Vladimir Putin has led Moscow's denunciations of Ukraine's actions during the gas dispute, and Gazprom has launched a website to explain its side of the row — www.gazprom-ukrainefacts.com.

A chief Gazprom's official has also toured European countries, giving briefings and interviews in which he accuses Ukraine of stealing gas meant for Europe.

TOM PERRY/REUTERS

Views

Systemic barriers hurt minorities, business



Wendy Cukier

Diversity is a competitive advantage in the global economy. Canada, with more than 200 ethnic groups speaking more than 100 different languages every day, is considered an inspiration for the rest of the world. But we cannot rest on our laurels. Just two weeks ago, former Ontario chief justice Roy McMurtry and former MPP Alvin Curling released a report on the roots of violence concluding that racism is alive and well. Systemic barriers and the absence of role models can crush the hopes and aspirations of young people. Their

use of the "R" word was deliberate. It makes us bristle, but gets our attention.

Systemic barriers facing visible minorities are not just a problem in "those" neighbourhoods. They affect our governments, our universities and our corporate boardrooms.

The business case for diversity is compelling. In spite of the economic downturn, our aging population and declining birthrate mean that by 2011, all work force growth in Canada will come through immigration. Attracting and retaining immigrants is essential to corporate success. And research shows diversity is good for business — matching the workforce to the communities served helps win the hearts and wallets of consumers.

In 2006, visible minorities were more than 40 per cent of the residents of Toronto and Vancouver; 22.2 per cent of Calgarians and more than 16 per cent of residents in Montreal, Ottawa and Edmonton. But visible minorities, and women, are vastly under-represented in leadership roles. Legislatures, city halls, universities and images of wealth and power dominating the media are dominated by white males.

Many of the barriers to advancement stem from thoughtlessness rather than intention. Most jobs, for example, are never advertised. Employers rely on word of mouth and personal networks. Exclusion from these informal networks, is a huge barrier.

Dr. Margaret Yap, from Ryerson University's Diversi-

ty Institute, co-authored a survey of middle managers in large Canadian corporations and found that visible minorities (and women) are more likely to believe they are held to higher standards of performance and have less mentoring than their white colleagues.

Images of leaders offer role models. They shape goals, expectations and performance. We must watch the gap between our aspirations for a just society and the reality. But clearly the glass is half full. In a short time, Barack Obama has offered a transformative image of leadership, success and power. And we can only hope that more will follow.

Wendy Cukier is the associate dean of the Ted Rogers School of Management at Ryerson University, and the founder of Ryerson's Diversity Institute.

Quote of the Day

"It's a regrettable failure for the government to not enforce their own laws, meaning that ordinary Canadians must act."

— Jeh Custer, with the Sierra Club of Canada, who is suing oil giant Syncrude, nine months after 500 migratory birds died in an oil sands toxic tailing pond owned by the oil company, which has so far not faced charges.

METRO CANADA

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'Irrelevant' Penthouse earns little, owner says

Social networking company FriendFinder Networks Inc., the parent of iconic men's magazine Penthouse, says the magazine is "irrelevant" and contributes little financially to earnings, but the company says it won't shut it down. **REUTERS**

7

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Traders play high-stakes oil game

DROP Crude oil prices fell 12 per cent yesterday, the largest percentage drop in seven years, after a U.S. inventory report showed a glut in the market.

But the perception there will be a rebound in demand during the second half of the year has some traders playing a high-stakes game — chartering supertankers to purchase and store huge volumes of inexpensive oil that can be sold on the futures market at a healthy profit.

The decline was blamed largely on a U.S. report that showed commercial crude inventories last week increased by 6.68 million barrels. That's more than four times higher than the consensus expectations of analysts.

Analysts say the opportunity to buy oil at less than \$43 and sell it in the futures market for 60 per cent more for delivery a year from now is too profitable to resist.

TORSTAR NEWS SERVICE

Watchdog wants 911 upgrade

CELLPHONES The Canadian Radio-television and Telecommunications Commission is expected to give cellphone companies until February 2010 to change their system so dispatchers can locate the origin of a 911 call, CBC News Online reports. It will make a formal decision in February. **METRO NEWS SERVICES**

Phone made from recycled bottles

TREND Motorola Inc. unveiled a cellphone made of recycled water bottles, hoping to cash in on the trend for environmentally friendly products. The W233 Renew will be showcased at a consumer electronics show in Las Vegas. **REUTERS**

2009 off to 'terrible' start

Top bank economists see little growth as recession bites

The Canadian economy is in for a rough ride through the first half of the year and will see little or no growth in 2009 as the recession takes hold, economists from Canada's largest banks said yesterday.

The economy will also continue to shed thou-

"The first half of 2009 looks pretty terrible for Canada." Don Drummond

sands of jobs and the unemployment rate will move higher as fallout from the global financial crisis takes its toll.

The comments by a panel of leading domestic

bank economists at a Economic Club of Canada event in Toronto, came ahead of key data due tomorrow that is expected to show the economy shed 22,000 jobs in December.

That would follow a loss of 70,600 jobs in November.

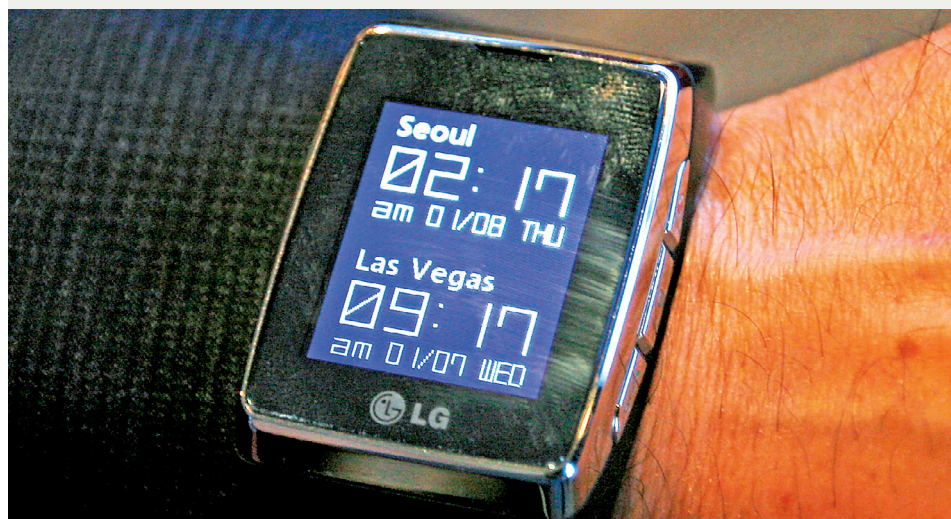
"The first half of 2009 looks pretty terrible for Canada," said Don Drummond, chief economist at Toronto-Dominion Bank.

The slowdown in the global economy is expected to keep weighing on the economy. **REUTERS**

In brief

LAYOFFS Planned layoffs at U.S. firms eased in December from the previous month's seven-year high, but they were up an astounding 275 per cent annually as the recession continued to hammer the job market. A report by Challenger, Gray & Christmas notes heavy job-cutting could continue through mid-2009 until more economic stimulus arrives. The 1,223,993 job cuts in 2008 are the largest since 2003, when there were 1,236,426 job cuts. **REUTERS**

Smart watch Times, they are a changin'



LG Electronics unveils the world's first market-ready touch watch phone with 3G video telephone and GSM quadband network capabilities at a consumer electronics show in Las Vegas yesterday. The phone features a Flash interface, MP3 player, text messaging and text to speech.

Outsourcing firm's boss steps down

Ramalinga Raju visited Canada four years ago to talk about how Indian outsourcing firm Satyam Computer Services was using Canada to gain access to the huge U.S. market.

Yesterday, the chairman of India's fourth-largest software services exporter tendered his resignation, revealing that Satyam's profits had been massively inflated over the years — causing the company's stock price to plummet nearly 80 per cent. Raju claimed that about \$1 billion US, or 94 per cent, of the cash on the company's books was "artificial" or "non-existent."

In Canada, Satyam's clients include four of the big five banks. With offices in Toronto, Montreal and Calgary, it also does business in the health-care sector. **TORSTAR NEWS SERVICE**

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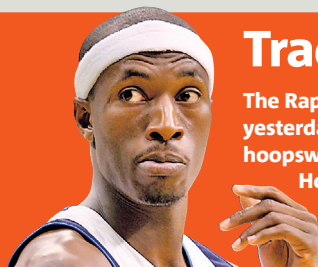
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Arizona Cardinals receiver Anquan Boldin, left, rested his injured hamstring yesterday and said he's not sure if he will play in the NFL divisional playoff game at Carolina Saturday. Boldin hurt the hamstring during Arizona's victory over Atlanta last Saturday. **METRO NEWS SERVICES**

Boldin may not play this weekend

Sports



Trade, trade rumours in Raptorland

The Raptors traded little-used Hassan Adams and cash to the Los Angeles Clippers yesterday for a future second-round draft pick, while websites such as hoopsworld.com alluded to a potential deal with the Dallas Mavericks for Josh Howard, left. The rumoured trade would send Andrea Bargnani and Anthony Parker to Dallas. Bargnani, meanwhile, scored 25 points last night as Toronto beat Washington 99-93.

METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Flames poised for moving day

Calgary in a position to flex its muscle in drive for division title

The **Hockey News**



The first two days of a golf tournament are spent getting accustomed to the course and to narrow the field in half. The third day, in PGA lingo, is called moving day. That's when the contenders make a surge to the first page of the leaderboard.

The same can be said for the Flames this season. The

first quarter was the transition phase whereby eight new players worked their way into the lineup and Mike Keenan's system. The second quarter was the time to address weaknesses and establish a groove.

Now it's moving day. Even after a terrific December and first week of January that saw them soar to the top of the Northwest, the Flames are at a point in the schedule where they can run away with a division title.

Starting tonight against the Islanders and going through March 1 against Tampa Bay, the Flames play 12 of 22 games against teams not holding down

"Getting back to the golf metaphor, occasionally a player makes such a charge on moving day that his lead is virtually insurmountable on the final day. The Flames are aiming to be in that position after this next stretch."

playoff positions. Four of the other 10 games are against bubble teams — Minnesota and Phoenix. In other words, just six games of the next 22 are against premium teams.

What's more, 13 of those 22 games are at home, where the Flames have lost just four times in 21 starts. So this truly is a stretch for the Flames to flex their

muscles and put the division out of reach.

Considering Calgary's favourable third quarter, 15 wins in these 22 games is a minimum objective. Seventeen or more would surely be enough to win the division and guarantee home-ice advantage in the first playoff round.

If that's not incentive enough for the Flames to

make noise on moving day, consider Calgary's tough schedule in the fourth quarter. It all starts with a two-week, seven-game road trip thanks to the Canadian Brier at the Saddledome.

In fact, the Flames play just seven games at home in the final quarter.

Getting back to the golf metaphor, occasionally a player makes such a charge on moving day that his lead is virtually insurmountable on the final day. The Flames are aiming to be in that position after this next stretch.

The Hockey News
thn.com



Jarome Iginla

Iginla to make fifth all-star trip

NHL Calgary Flames captain Jarome Iginla, Canucks goalie Robert Luongo and Oilers defenceman Sheldon Souray were among 15 players added to the NHL's Western Conference all-star team yesterday.

Other veterans included were Detroit Red Wings' Pavel Datsyuk and Nicklas Lidstrom, the Dallas Stars' Mike Modano, the St. Louis Blues' Keith Tkachuk, Colorado Avalanche forward Milan Hejduk, the Columbus Blue Jackets' Rick Nash and the Phoenix Coyotes' Shane Doan.

First-timers will be the San Jose Sharks' Dan Boyle, Minnesota Wild goaltender Niklas Backstrom, the Nashville Predators' Shea Weber and the Los Angeles Kings' Dustin Brown.

Despite struggling with injuries, Luongo will make his third all-star appearance, as will Souray.

Iginla will appear for the fifth time.

The Western starters are goalie J.S. Giguere, defenceman Scott Niedermayer and centre Ryan Getzlaf of the Anaheim Ducks, and defenceman Brian Campbell and forwards Patrick Kane and Jonathan Toews of the Chicago Blackhawks.

Additions to the Eastern team will be announced today.

The game will be in Montreal Jan. 25.

METRO NEWS SERVICES

Ruutu suspended two games for biting Peters

NHL Ottawa Senators forward Jarkko Ruutu was suspended two games without pay yesterday for allegedly biting Buffalo Sabres forward Andrew Peters in Tuesday's contest between Ottawa and Buffalo.

The incident occurred in the first period of the game, which the Sabres eventually won 4-2.

During a skirmish near the players' benches, Peters had a glove in Ruutu's face and the Buffalo forward came away from the gathering shaking a gloveless hand.

Peters complained to officials on the ice and was seen on the Sabres' bench Peters mouthing that Ruutu bit him. Peters continued to make that claim after the contest.

Ruutu told reporters after the game that while Pe-

ters' gloved hand ended up in his mouth, he did not bite him.



Ruutu

Ruutu was not penalized on the play, but the suspension was handed down only hours after Ruutu had an over-the-phone hearing with NHL senior executive vice-president of hockey operations Colin Campbell.

The suspension covers games with the Boston Bruins tonight and the New York Rangers on Saturday. He will not be eligible to return to action until Jan. 13 when the Senators face the Carolina Hurricanes.

As a repeat offender, Ruutu will also forfeit \$31,707.32 in salary, which is automatically added to the Players' Emergency Assistance Fund.

METRO NEWS SERVICES

NHL Sundin makes Canucks debut



Mats Sundin warms up prior the Canucks' game in Edmonton against the Oilers last night. For a complete game recap, visit www.metronews.ca/sports.

Sports in brief

NHL Reports of imminent firings atop the Ottawa Senators' organization are untrue, club owner Eugene Melnyk insists. Melnyk told TSN yesterday that there was no merit to suggestions in Le Journal de Montreal that said Melnyk is about to hire Pat Quinn and Hockey Canada president Bob Nicholson to replace Craig

Hartsburg and Bryan Murray, respectively.

CFL Kicker-punter Nick Setta has chosen to re-sign with the Hamilton Tiger-Cats instead of joining the NFL. A CFL all-star the past two seasons, Setta signed a contract that will keep him in Hamilton through at least 2011. **METRO NEWS SERVICES**

NHL SCOREBOARD

YESTERDAY'S RESULTS
Montreal 6 N.Y. Rangers 3
Vancouver at Edmonton

TONIGHT'S GAMES
N.Y. Islanders at **CALGARY**
Ottawa at Boston
Atlanta at New Jersey
Minnesota at Philadelphia
Toronto at Montreal
Carolina at Florida
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EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

'Green' carpets gain ground

Experts advise against wall-to-wall carpets



Some carpets are much more eco-friendly than others.

SONYA PRECENKO
 for Source Media Group


While for a truly green choice, the green living experts advise against wall-to-wall carpeting and recommend area rugs instead, there are increasingly eco-friendly choices becoming available underfoot.

"Consider alternatives to wall-to-wall carpeting. Use washable area rugs when possible ... Carpet tiles are a great way to minimize waste because you just replace tiles as needed and the rest remain intact," writes Lori Bongiorno, author of *GreenGreener-Greenest: A Practical Guide to Making Eco-Smart Choices a Part of Your Life*.

A NATURAL PROGRESSION

"Buy carpets and rugs made from recycled or natural materials such as wool (ask your retailer to make sure any wool products haven't been treated with toxic moth repellents), alpaca, or hemp," notes Bongiorno.

Gillian Deacon, author of *Green for Life: 200 Simple Eco-ideas for Every Day*, also has tips about choosing wool carpeting in her green guide. "If you have to get carpet, choose 100 per cent wool with jute backing, or any backing that is sewn on rather than glued," says Deacon. "Use carpet tacks rather than adhesives to secure your carpeting."

"The carpets we have in certain parts of our house

are pure wool, and while they were more expensive than synthetic, they have never given me a headache the way some off-gassing carpets do."

EASIER BEING GREEN

The Carpet and Rug Institute (CRI) is making buying greener carpeting easier with its Green Label and Green Label Plus programs. These programs rate carpets with very low volatile organic compound (or low-VOC) emissions. They test for and certify low emissions from carpet, carpet cushion and adhesive.

"Today, indoor air quality is an important environmental consideration, especially since we spend approximately 90 per cent of our time indoors," says CRI president Werner Braun.

"Architects, builders and specifiers can have full confidence that Green Label and Green Label Plus carpets are desirable, attractive, green building products. They can rest assured they are purchasing the very lowest emitting products on the market."

A CLEAN BREAK

In Alberta, the Clean Calgary Association has published a *Green Building and Renovation Guide — Residential Products and Resources*. It is available online for downloading off the association's website.

The guide was "compiled to assist Calgary's residents to find building materials that are free of toxins; contain recycled contents; have

Online options

- For more information, check out the following websites:
- greengreenergreenest.com
- penguin.ca
- gilldeacon.ca
- carpet-rug.org
- cleancalgary.org
- shawfloors.com
- mohawk-flooring.com
- ecobydesign.com

a lower environmental impact on conventional building products; and that are generally less harmful to both the environment and human health."

Clean Calgary Association lists several types of carpets in its guide: recycled content carpet, recycled pop bottle carpet and wool carpet.

HEY JUTE

The company EcoChoices features undyed, organic wool area rugs and carpeting. Their pure all-natural chemical free untreated wool carpet has natural adhesive from the rubber tree, jute secondary backing and hemp/cotton backing.

Wool yarns are locked into place with a natural adhesive that is derived from the rubber tree. This further helps to lock the stitches in place and prevents slippage of the yarn. This adhesive is completely biodegradable and non-toxic. Jute, a hardy Earth-friendly fibre producing plant, is used for the secondary backing.

EDITED FOR LENGTH BY METRO

If these walls could talk

After almost a year of living in their new townhouse in Uxbridge, Ont., Libby McCready and her husband figured there was little wrong with their home.

As neither Libby nor her husband had much knowledge or experience with home building or repairs, they hired home inspector Brian Daley to have a look.

"We wanted to make sure we caught everything but we're not handy," says McCready. "Brian found a number of things we never

would have noticed. The stuff he found came as a surprise."

The most significant defect Daley found was that the clothes dryer hadn't been vented properly, thus was not blowing outdoors but into insulation, which could have eventually caused a moisture and mould issue.

Armed with Daley's report and digital photos, the McCreadys filled out the warranty forms they signed before buying by the one-year deadline and

as a result, those issues are covered.

"Although everything turned out fine, I'd never move in to a brand-new house again without having a home inspection done right away," says McCready. "I would have rather had a comprehensive list of the problems from the start, as we'd lived here for almost a year and some of the issues could have caused problems. The inspection was totally worthwhile."

TORSTAR NEWS SERVICES


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Whole grain, trans-fat free and low fat items led the charge in terms of products that were eaten by Canadian consumers on a weekly basis with a growing trend towards organic products continuing into 2009, according to the latest Eating Patterns In Canada (EPIC) report from The NPD Group. **METRO NEWS SERVICES**

Food

"Is it a pea, a bean, or a pulse? Pulses are the dried edible seeds of legumes and includes beans, peas (such as chickpeas) and lentils."

Barb Holland/for Metro Canada



Not a nut

Peanuts are also a legume, not a nut, despite its name.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

new toy



Pocket Cocktails is available for iPhone and iPod Touch.

Carry a bartender in your pocket

TECHNOLOGY Pocket Cocktails, a new iPhone application, offers a fun twist to the traditional cocktail hour.

Pocket Cocktails is the newest application of its kind: Unlike other bartending and cocktail applications that are mostly text-based, Pocket Cocktails uses large, high resolution pictures. It also has a fun "shaker" feature that selects cocktails at random. This random mode lets iPhone users shake the phone to get a random drink image, recipe and ingredient list all from an e-bartender.

While serving up the drink, the iPhone spits out a colorful collection of shaker noises and catchy phrases adding a fun spin on the experience.

Pocket Cocktails is available for 99 cents at Apple's iPhone application store, iTunes or at pocketcocktails.com. Visit pocketcocktails.com for a video overview.

METRO NEWS SERVICES

Food in brief

COOK OFF After weeks of competition from chili enthusiasts across Canada, three finalists will compete in the first-ever ZANTAC® Chili Challenge cook-off. Hosted by acclaimed chef and Food TV personality Anthony Sedlak, the three recipes will be prepared live at a chili throwdown in Toronto on Jan. 29. The winner will receive a trip for two to the Mayan Riviera, which is rumoured to be the birth place of chili. To view all of the chili submissions, including the winning chili recipe and Anthony Sedlak's signature chili recipe, visit chilichallenge.ca.

METRO NEWS SERVICES



Canned beans, peas and lentils can be a bit salty, but a drain and a rinse quickly removes most of the sodium. Toss in salads, soups, casseroles or puree into a dip or spread.

Lean and mean: Lentils and beans

À la carte

Barb Holland

Metro Food Writer

The cake and cookies are finished and the decorations tucked away for another year.

Healthy eating, hand-in-hand with being more physically active, are high on everyone's "to do" list after Jan. 1. So, it's back to business as we tighten our financial belts as well as try to re-tighten the one stretches around our waists.

What's economical, packs a healthy punch in the nutrient ring and is convenient? Canned beans, peas and lentils.

Beans, peas and lentils are a high source of both soluble and insoluble fibre as well as a source of B vi-

tamins, calcium, iron, phosphorus, potassium and zinc. In addition, they're low in fat, cholesterol free and the richest source of vegetable protein. With the exception of soybeans, beans alone do not contain all the essential amino acids to be classified as a complete protein. But when complemented with a grain (rice, bread or pasta), a seed, nut or a dairy or egg protein, they become complete.

Keep a variety of canned beans in your pantry for frugal, fast and healthy meals. This vegetarian recipe will satisfy your hunger at the end of a busy day as well as deliciously fulfil your protein needs.

Mediterranean Tomato, Lentil and Spinach Soup

Serve this hearty vegetarian soup with crusty whole wheat bread for a complete meal. I like the

sharp and slightly salty addition of freshly grated good Parmesan cheese, but omit if serving to vegans. Makes 8 cups (2 L), 4 servings.

INGREDIENTS:

- 1 tbsp (15 ml) olive oil
- 2 stalks celery, chopped
- 1 onion, chopped
- 2 cloves garlic, mined
- 1 tsp (5 ml) dried basil leaves
- 1/2 tsp (2 ml) each dried oregano and thyme leaves
- Pinch each dried rosemary leaves, crumbled and pepper
- 3 cups (750 ml) vegetable stock
- 28 oz (796 ml) can diced tomatoes, including juice
- 19 oz (540 ml) can lentils, drained and rinsed
- Juice of 1/2 lemon
- 3 cups (750 ml) fresh baby spinach leaves
- Freshly grated Parmesan cheese, optional

METHOD:

Heat oil in large saucepan over medium heat. Add

onion, celery and garlic and cook until softened, about 5 minutes. Stir in seasonings, tomatoes, lentils and lemon juice. Bring to a boil, reduce heat and simmer, covered for 5 to 10 minutes.

Stir in spinach leaves until wilted, about 30 seconds. Serve with Parmesan, if desired.

Tips:

• Canned beans, peas and lentils can be a bit salty, but a drain and a rinse quickly removes most of the sodium. And, once that's done, they're good to go. Toss in salads, soups, casseroles or puree into a dip or spread.

• If you have whole tomatoes rather than diced, an easy way to cut up tomatoes is using kitchen sears. Pour tomato liquid into soup (to avoid a messy overflow in can) and cut tomatoes in the can.

Just a bite



Michelle Morgan

Actress shares her butter roasted chicken recipe

PEOPLE Canadian actress Michelle Morgan stars in the second season of the popular Canadian one-hour series Heartland, which airs nationally on CBC Television Sundays at 7 pm. Recently, Michelle was featured on City Cooks TV, sharing her favourite recipes with her fans.

Butter Roasted, Melt in your Mouth Chicken

This recipe is inspired by a Jamie Oliver recipe, but much simpler and just as tasty. A great recipe to for impressing people and making them think you're a great cook who slaved for hours. Serves 4.

Ingredients:

- 4 chicken thighs, bone in, with skin
- 4 slices of ham (I like prosciutto but any ham will do)
- 2 cloves garlic, peeled and chopped
- 1/4 cup butter, room temperature
- Salt, pepper
- Any herbs you have on hand, I love thyme and rosemary.

Method:

Preheat oven to 425 F. Push your fingers between the skin and flesh creating a space for your butter mixture without tearing the skin right off. Slash a deep cut into the thickest part of the thigh.

Now to make your butter mixture, slice up the ham, and mix it with the butter, garlic, rosemary, thyme, salt and pepper. Take this butter, and push it under the skin, rubbing it all over the chicken.

Place in the oven and roast for about 45 minutes. Check by slicing and making sure it's not pink but don't overcook it, it should retain those flavorful juices.

And voila, you're a master chef — or so everyone will think.

METRO NEWS SERVICES

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Trying it at home

Cookbook author and owner of Osteria de Medici, Antonietta Terrigno, hosts Italian cooking classes once a month. Call 283-5553 for more information. **METRO NEWS SERVICES**

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osteria.ca

Hours of operation: Mon. – Sat. (11a.m.-11p.m.), Sun. (4 p.m.-11 p.m.)

Rating: ●●●●

Price range: \$\$\$\$

Reservations: Available

Client negotiations: Yes

Lunch w/co-workers: No

Social Lunch: No

Quick solo lunch: No

Time in: 12:32 p.m.

Ordered: 12:41 p.m.

Food arrived: 12:56 p.m.

Time out: 1:24 p.m.

Total time: 52 minutes

Low \$: Insalata Mista

(Mixed Salad), \$6.95

High \$: Rack of Lamb, \$32

Lunch menu: Separate,

two additional lunch fea-

tures

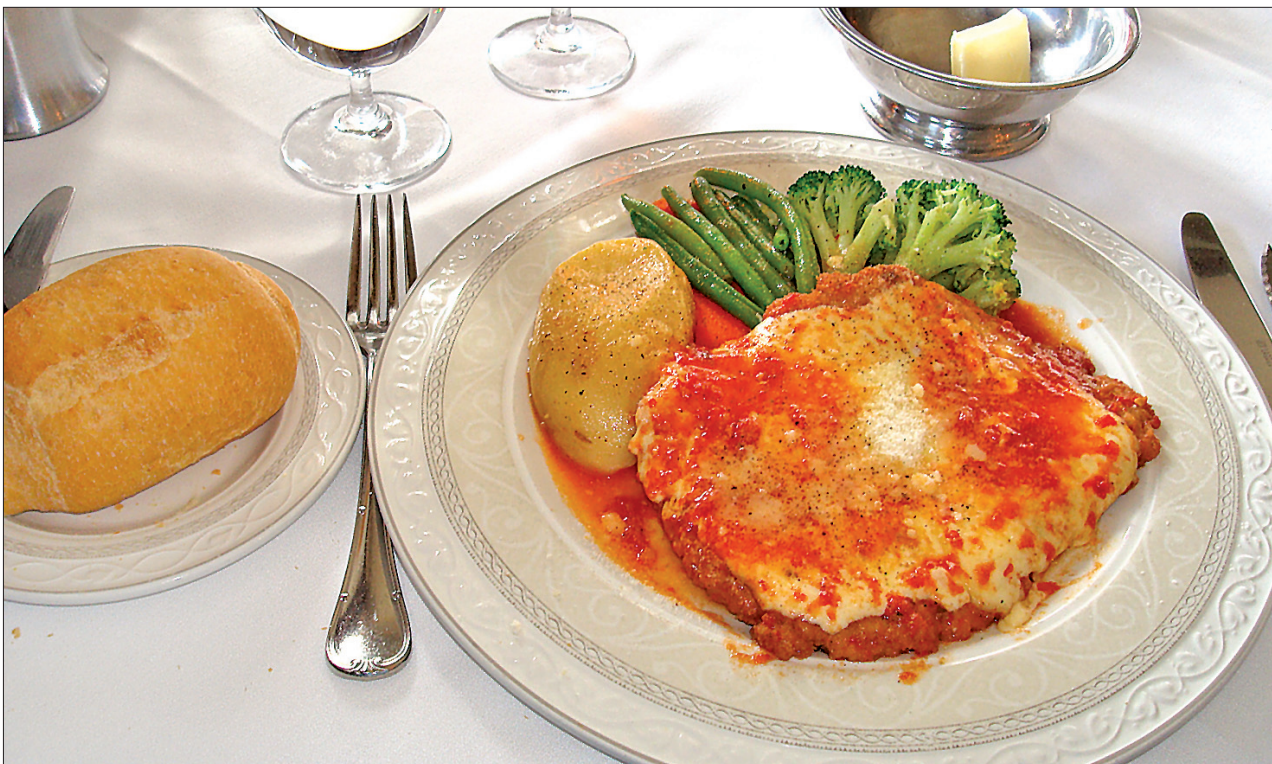
Licensed: Yes

The price was a bit high for just a quick lunch but if you are looking to impress a business client, Osteria de Medici hits the mark.

I have driven past and heard about Osteria de Medici too many times to count so I decided the day had finally come for a visit.

Located in prime Kensington real estate sits Calgary's version of a celebrity-filled Italian restaurant. In fact, the first thing you see upon entering the doors is a wall of smiling knowns (and a few unknowns) who have graced the premises. The vibe of Osteria is relaxed and up-scale. Even though you can see the hustle and bustle of 10th street through the windows, you forget about it and simply take in the ambiance.

With lunch menu in hand I ordered the Vitello all Parmigina (Veal Parmigina, \$24). Joined by



I ordered the Vitello all Parmigina (\$24). Joined by a pair of fresh buns, the portion size was substantial for a lunch meal.

a pair of fresh buns, the portion size was substantial for a lunch meal. The flavour was decent as was the service, which was expected from a restaurant

of this caliber.

What makes Osteria de Medici a hotspot is the image it portrays. Every city needs restaurants that have one main purpose —

to provide an arena to see and be seen. Osteria delivers. The price was a bit high for just a quick lunch but if you are looking to impress a business client,

Osteria de Medici hits the mark. And after all, Tom Selleck might not impress you but if it's good enough for Jerome Iginla, it's good enough for me.

{ A HEALTHY DOSE OF MERRY. }

merry
mandarin

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jugojuice.com

France's first lady Carla Bruni-Sarkozy has been awarded \$57,500 in damages after she sued a fashion company for adorning a canvas shopping bag with a 1993 nude photo of her. Lawyers for Bruni-Sarkozy have suggested her monetary award would be given to charity. **PEOPLE.COM**

Carla Bruni-Sarkozy wins lawsuit

Style



Woodsy look is being embraced

Paul Bunyan, the supersized he-man, is a fashion icon. As unlikely as it sounds, the mythical lumberjack's black-and-red check jacket has been a big trend on catwalks around the world. But this time around, Ralph Lauren took the rugged masculine checks and turned them into evening gowns, sometimes mixing chic plaid shirts with feathered skirts. Now it's the streetwear retailers who have created new shapes for the lumberjack jacket in sharp, belted trenches and smart peacoats. Left: belted trench, \$158, Gap.

TORSTAR NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Style File

Kim Elbo



kim.elbo@gmail.com

ask kim

I prefer running outside as oppose to treadmills, but I dread when it rains because I can't stand when my feet and socks get wet. What do you suggest I do to fix this problem?

Running shoes are primarily made out of mesh materials to make the shoe lighter, but I suggest looking for outdoor trainers that have a Gore-Tex lining (some actually say that on the shoe) to help keep the moisture out.

E-mail your style questions to kim.elbo@gmail.com.



Pull Over

Designer: Nike
Shop: Nike Store
Address: Various Locations
nike.com

\$64



Hoody

Designer: Lululemon
Shop: Lululemon
Address: Various Locations
lululemon.com

\$98

My favourite



Full Zip

Designer: Peak Performance
Shop: Peak Performance
peakperformance.com

\$150

Workout Wear

You know you made a new year's resolution to workout more and eat less, so motivate yourself by going out and buying a couple of items for the gym. If you like to cover up, here are three great looks for indoor or outdoor workouts. When you're out shopping for motivation, look for details in the clothing like all-around 360 reflectors for night time running. For shirts, make sure there is a bit of ribbing so that the shirt falls away from your body.

tip: Heat can sap the elasticity from your fitness clothes. To avoid this menace, wash your fitness clothes in cool water, and always opt to drip dry. (mamashealth.com).



Old School

Designer: Nike
Shop: Nike Store
Address: Various Locations
nike.com

\$135

My favourite



Starter

Designer: asics
Shop: The Run Inn
runinn.com

\$160



Pro

Designer: Mizuno
Shop: Running Room
Address: Various Locations
runningroom.com

\$199

Running Shoes

There are three things to look out for when buying a proper running shoe: The first is to buy a shoe that fits your proper arch type, the second is to make sure the shoe is at least a half size bigger than your regular street shoe (this is to compensate for swelling as your feet heat up) and the third is to make sure you can run with comfort (so sufficient cushioning is needed).

GlobalStyle

Kenya Hunt



Read Kenya, exclusively at metronews.ca/globalstyle



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The necklace makes a statement

Literally and figuratively — the necklace is big this year. Throughout recent seasons, designers have supersized handbags into steamer trunk proportions. And they've elevated the ordinary stiletto to stratospheric heights.

Now, after achieving such overwhelming bulk with accessories like bags and shoes, they have turned their attention to jewellery — in particular, the necklace.

Leading international brands including Burberry, Lanvin and Louis Vuitton went for the jugular this fall, burdening women's décolleté with glass chunks resembling massive precious and semi-precious stones.

This is costume jewellery

gone berserk. So pack away your simple strand of pearls, your heirloom chokers and discreet pendants. You can bring them out another day. "This is no season for the faint of heart," says Oriella Stillo, owner of Accessity in Toronto, Ont. "You've got to have confidence to wear these necklaces," she says.

These muscular necklaces riff on jewellery's many traditional roles — as an objet for self-decoration, as an amulet to ward off evil and as a striking symbol of personal wealth. They are state-

ment pieces.

While, on the surface, the times may not seem right for such showiness, Stillo insists that's not the case. "During the Depression of the 1930s big Bakelite and Lucite jewellery was popular. Women needed something to make them feel good," she says. No one is fooling anyone — which is why the ostentatious necklace with rocks as big as baseballs still works even in this hard economic era. Stillo says she retails big necklaces as inexpensively as \$250. "What dress can you find that will give you that wow factor?" she asks.

TORSTAR NEWS SERVICE

Banana Republic Carolyn Brooch necklace, \$124.



Jonas Brothers going to the Golden Globes

If the Golden Globes run a little bit longer this Sunday, you can blame The Jonas Brothers. Music's hottest trio has been added as presenters for the telecast, along with Hayden Panettiere and Martin Scorsese. [IMDB.COM](#)

Entertainment

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA



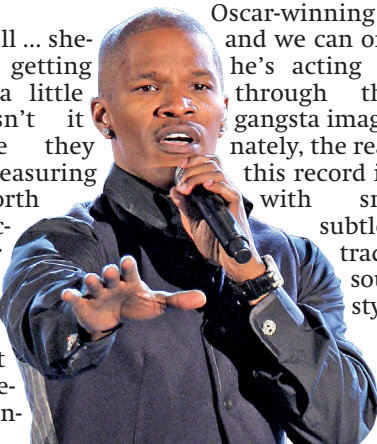
It's a girl!
Jennifer Garner and husband Ben Affleck have welcomed their second daughter. The baby was born Tuesday in Los Angeles. [PEOPLE.COM](#)

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Intuition not paying off

Jamie Foxx
Album: Intuition
Label: Sony
Rating: ●●●½

LISTENING TO MALE R&B stars calling their buddies "dawgs" and their women ... well ... she-dawgs, is getting more than a little irksome. Isn't it about time they stopped measuring their self-worth in Gucci accessories or the length of time they can hold an erection? But these tired re-frains contin-



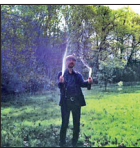
MusicReviews
music@metronews.ca

ue to raise their ugly heads in the front end of Jamie Foxx's third album, Intuition. The Lil Wayne collaboration Number One, is particularly obnoxious. Foxx is, however, an Oscar-winning actor and we can only hope he's acting his way through this sex gangsta image. Fortunately, the rear end of this record is loaded with smoother, subtler, more traditional soul stylings.

Graham Rockingham
/for Metro
Canada

Andre Ethier
Album: Born on Blue Fog
Label: Blue Fog/Sonic Unyon
Rating: ●●●½

UNTIL NOW Andre Ethier's best work has been with his former band The Deadly Snakes. Since then he's released a few solo albums, all of which have been decent, but nowhere near as good as his newest effort. This isn't the most accessible disc, but with a musical range that echoes Dylan (Cop Killer), blues (Infant King) and a haunting Leonard Cohen with classical instruments number (By The Stables) this is easily Ethier's most eclectic and inspiring.



Bryan Borzykowski/for Metro Canada

Ketch Harbour Wolves
Album: Dead Calm Horizon
Label: Independent
Rating: ●●●½

WITH THE NATIONAL garnering so much praise these days, it was only a matter of time until a similar sounding Canadian act got noticed. Ketch Harbour Wolves, a Toronto-based five-piece with roots in Nova Scotia (their band is named after a small East Coast town) have forged the perfect mix of brooding passion, infectious melodies and rich, layered instrumentation. While it's not perfect — a couple tunes are a bit sluggish — it's definitely a promising debut.



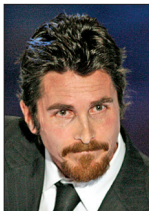
Bryan Borzykowski/for Metro Canada

Darkness reigns

L.A. Batman sequel The Dark Knight soared away with five People's Choice Awards last night including favourite movie and on-screen pairing for stars Christian Bale and the late Heath Ledger to kick off Hollywood's awards season.

Country singer Carrie Underwood, who rose to fame on TV talent show American Idol, was another big winner, hauling in three People's Choice Awards for favourite female singer, country song — Last Name — and star under 35 years old.

Adam Sandler was named funniest male star, Reese Witherspoon favourite female movie star and Kate Hudson top leading lady among winners in more than 40 categories covering film, TV, music and even on-line entertainment.



Christian Bale

Sandler, Witherspoon and Hudson all echoed a familiar theme of the night by saying People's Choice honours were special because they were voted on by fans.

The Secret Life of Bees was the winner of best film drama and favourite independent film and animated Wall-E was the No. 1 family film.

In the TV arena, House was named favourite TV drama and Two and a Half Men was best TV comedy.

Ellen DeGeneres was named best TV talk show host and Dancing With the Stars was the people's pick for No. 1 competition or reality TV show.

REUTERS



For a complete list of People's Choice Award-winners visit [metronews.ca/entertainment](#)

Eminem, 50 songs hit radio, web

MUSIC There's still no solidified release dates for upcoming albums from Eminem and 50 Cent, but new music from both rappers has emerged in the past 24 hours.

Eminem's Crack a Bottle, which features 50 Cent as well as his mentor Dr. Dre, leaked online Tuesday; an earlier version without the guest appearances had leaked in November, much to the dismay of Eminem.

His first album in more than four years, Relapse, is expected this spring.

Meanwhile, a new 50 Cent song, I Get It In, debuted Monday. Its parent album, Before I Self Destruct, was originally due Dec. 9 but was delayed while the rapper continued recording.

REUTERS

IntelleVision



Rick McGinnis

Read it at [metronews.ca](#)

See complete online movie listings, trailers, reviews and purchase tickets at [metronews.ca/movies](#)

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/8/09	267	351	- ACCESS	Truth, Duty, Valour	Supernanny		Eleventh Hour	'Frozen'	(10:01) Private Practice (N)	Help TV	
	243	317	3 CFCN	etalk	Hollywood News	ER "Separation Anxiety"	CSI: NY (HDTV)		Grey's Anatomy (N)	News (N)	
	-	-	4 OMNI	Two/Half Men	The Simpsons	News	CSI: NY (HDTV)		The Simpsons	King	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty (N)	Grey's Anatomy (N)		Practice
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	The Nature of Things	Doc Zone (HDTV) (N)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	The Unit	Life (N)		The Office	Billable Hours	News Hour
	246	-	8 CKAL	Law & Order: SVU		Murdoch Mysteries	Ugly Betty (N)		30 Rock	30 Rock	Your City
	119	705	9 CBXFT	Virginie (SC)	Une journée	A la recherche de Champlain	M pour musique (N) (SC)		Le Téléjournal et Les Nou		TJ Alberta
	-	-	10 SHAW	(6) Local Programming					Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors (N)	CSI: NY (HDTV)		CSI: Crime Scene Invstgtn.		Eleventh Hour
pruntime	-	374	14 KSPS	NewsHour With Jim Lehrer	Educating Spokane		Poirot		New Tricks		Soundstage (N)
	502	390	15 CBC	CBC News: The National	The Nature of Things		CBC News: The National		CBC News: The National		Nature-Things
	-	370	16 KHQ	News	Be-Millionaire	Jeopardy! (N)	Name Is Earl	Kath & Kim (N)	The Office	30 Rock	(11:01) ER
	-	373	22 KAYU	(6:15) College Football FedEx BCS	National Championship -- Florida vs. Oklahoma.				Postgame	Two/Half Men	News (N)
	297	652	37 WPIX	Supernatural (HDTV)	PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Bring Wall St
	500	500	29 CNN	Larry King Live	Anderson Cooper 360 (HDTV)		Showbiz Tonight		Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight	Nancy Grace				Lou Dobbs Tonight		Nancy Grace
	400	400	21 TSN	(5:30) College Football FedEx BCS	National Championship -- Florida vs. Oklahoma.				SportsCentre	Golf: Long Drive Champ.	
	408	418	27 net	NHL Hockey New York Islanders at Calgary Flames. (HDTV) (Live)			Sportsnet Con.		Sportsnet Connected		Best-Sports
	410	403	30 SCORE	Poker Million Pound Challenge.	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Final Score
news	411	457	44 OLN	Mantracker	Bounty Hunter	Dakar Rally	Survivorman		Mantracker		Bounty Hunter
	417	406	48 SPEED	Pinks -- All Out	Wrecked	Wrecked	Pinks	Pass Time	Pinks -- All Out		Pinks -- All Out
	552	543	20 YTV	Drake & Josh	iCarly	Scorpion	Prank Patrol	Malcolm-Mid.	Futurama	Adrenaline Proj	Prank Patrol
	557	541	39 FAM	Zoeys 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek
	555	545	67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6teen	6teen	Misadventures	Futurama
	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Dallas Cheerleaders	Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Max & Ruby	Babar	Backyardigans	Dora-Explorer
	-	-	18 CHTV	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	Movie			News (N)
	505	398	19 TWN	(5) EarthWatch One	EarthWatch One		EarthWatch Two				
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House
sports	521	560	24 TLC	LA Ink "Funny Farm"	LA Ink (HDTV) (N)		LA Ink (HDTV)		LA Ink "Funny Farm"		LA Ink
	603	561	25 FOOD	Unwrapped	Secret Life of	Family	Glutton	Ace of Cakes	Ace of Cakes	Challenge	Unwrapped
	615	520	26 A&E	The First 48 (HDTV) (N)	The First 48 (HDTV)		The First 48		The First 48 (HDTV)		The First 48
	617	522	32 SHOW	Wife Swap	The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	Starsky-Hutch
	601	562	33 SLICE	Last 10	Last 10	The Biggest Loser	ET Canada	Matchmaker	The Biggest Loser		Trading Sp
	-	633	34 ENC2	(6:50) Clockers ** (1995, Drama)	Harvey Keitel.		Finding Graceland ** (1998, Drama)		(10:35) Single White Female		
	520	505	35 DISC	Connected (N)	MythBusters		Daily Planet		Deadliest Catch		Human Toolkit
	620	523	36 BRAVO	Johnny Tootall! (2005, Drama)	Adam Beach, Alex Rice.		Law & Order		Without a Trace		Follow-Dream
	294	650	40 WPCH	Friends	Friends	The Recruit ** (2003, Suspense)	Al Pacino.		Family Guy	Family Guy	Seinfeld
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs	Corner Gas	The Simpsons	South Park	VIP
family	-	539	42 TCM	On the Town	(7:45) Anchors Aweigh *** (1945, Musical)	Frank Sinatra.			(10:15) The Out-of-Towners (1970)		
	628	584	43 SPIKE	TNA iMPACT! (HDTV) (N)			TNA iMPACT! (HDTV)				MANswers
	522	516	45 HIST	Deep Wreck Mysteries	NCIS "Shalom"		Lost Worlds		Deep Wreck Mysteries		NCIS
	627	528	46 SPACE	Rabbit Fall	Rabbit Fall	Ghost Hunters International	Stargate SG-1		Star Trek: Next Gener.		Deep Space 9
	-	-	47 AMC	(6) Caddyshack ** (1980)		(8:15) Black Dog ** (1998, Action)	Patrick Swayze.		(10:15) Code of Silence ** (1985)		
	619	525	49 TROP	What Happen?	What Happen?	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Raymond
	600	564	50 HGTV	The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes on Homes	The Fix	Disaster DIY	Home to Flip
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	News
	504	508	70 BNN	Squeeze Play		Market Call	Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	92 VIVA	The West Wing		Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy	Lost in Austen
cable variety	269	350	93 APTN	Suaangan	Wapos Bay	By the Rapids	renegadeexpress	The Gods Must Be Crazy II *** (1990, Comedy)	Nlxau.		Rez Rides
	-	-	94 MCP	(6:30) News	News	Matchmaker	Mom's-Upset	Vancouver	Kahkashan	Dheeyan Ghar	Sadabahar
	571	581	100 MMM	AC/DC	Revival	Tommy Lee	Where You At	Celebrity Wrestling	Party of Five		Tommy Lee
	570	580	101 MM	Brooke Knows	Brooke Knows	Gossip Girl		Video on Trial	Video on Trial	Brooke Knows	MuchTopTens
	581	566	102 MTV	The Real World		True Life "I'm Deaf"		MTV Live	After	Next	Mom & Dad
											True Life

critics' corner

The Office
When Oscar (Oscar Nunez) informs Michael (Steve Carell) that the office must spend a \$4,300 cash surplus or lose it in the next year's budget, Michael opens the floor to suggestions, causing factions to break out and pitting office mates against one another in their efforts to get what they want. Dwight (Rainn Wilson) takes Angela and Andy (Angela Kinsey, Ed Helms) to Schruete Farms to work on their wedding plans. 10 PM on CICT, KHQ



The Nature of Things
Columbus was looking for India. The folks who created Viagra were looking for a high-blood-pressure treatment. In "Gone Sideways," host David Suzuki surveys a number of discoveries and breakthroughs that happened by accident, including some revolutionary cures for diseases and the invention of the X-ray machine. 8 PM on CBRT



Charmed actress Alyssa Milano is engaged to top Hollywood agent, David Bugliari. The pair has been together for over a year, and Bugliari proposed to the actress just before Christmas, according to usmagazine.com. **FEMALEFIRST.CO.UK**

Milano headed for marriage

Celebrity Buzz

I didn't know marriage was fake: Spencer

MARRIAGE Spencer Pratt acknowledges that his marriage to Heidi Montag was fake — but only because he was uninformed, in-touchweekly.com reports.

"I didn't even know you have to legalize a wedding," claims Spencer, who tied the knot with Heidi, 22, in a nonbinding ceremony on Nov. 19 in Mexico. "I thought growing up, you say 'I do' and you're married."



METRO NEWS SERVICES

Rihanna sporting rock on finger

RELATIONSHIP R&B sensation Rihanna may be ready to tie the knot with singer Chris Brown.

The pair — who has never publicly confirmed their relationship — performed at Elton John's New Year's Eve bash in London, where Rihanna was spotted sporting fingerless leather gloves that made it easier to see a massive diamond ring on her wedding ring finger.

Brown allegedly popped the question over the New Year, according to Britain's the Sun newspaper.



METRO NEWS SERVICES

Weight loss no big deal: Kristen

HEALTH Even though 3rd Rock From the Sun alum Kristen Johnston dropped a 60 lbs., her pal Sarah Jessica Parker didn't get why everyone made such a fuss, usmagazine.com reports.

"She said to me, 'It's so weird all this press is happening to you because you're the only actress I've ever met who doesn't have a body issue at all,'" Johnston, 41, told usmagazine.com at the NYC premiere of Bride Wars.

The six-foot star was spurred to lose weight after and change her eating habits suffering a burst ulcer last year.



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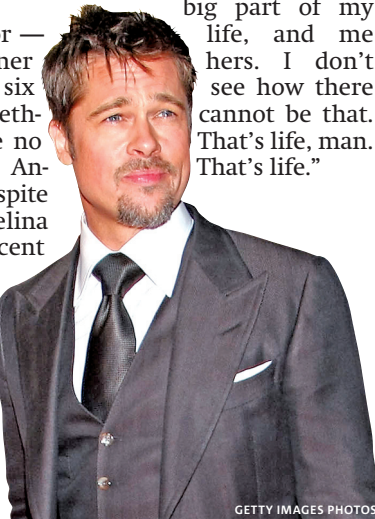
No bad feelings between Jen and Angie, Brad says

RELATIONSHIP Brad Pitt says ex-wife Jennifer Aniston is a "sweetheart," reports femalefirst.co.uk.

The 44-year-old actor — who lives with partner Angelina Jolie and the six children they raise together — insists there are no bad feelings between Angelina and Jennifer, despite Jennifer calling Angelina "very uncool" in a recent interview.

The website quotes Brad as saying: "Listen, man, Jen is a sweetheart. I think she got dragged into that one, and then there's a second round to all that Angie

versus Jen. It's so created. Jen and I still check in with each other. She was a big part of my life, and me hers. I don't see how there cannot be that. That's life, man. That's life."



GETTY IMAGES PHOTOS

Brad also denied claims he and Angelina started dating while he was still with Jennifer, insisting reports they began a relationship on the set of 2005 movie Mr. and Mrs. Smith were false.

He added to W magazine: "What people don't understand is that we filmed Mr. and Mrs. Smith for a year. We were still filming after Jen and I split up. Even then it doesn't mean that there was some kind of dastardly affair. There wasn't. I'm very proud of the way that it was handled. It was respectful."

METRO NEWS SERVICES

George and Paris together?

RELATIONSHIP Life & Style and In Touch are both claiming the "down to earth" Paris Hilton has been cozying up to George Clooney, msn.com reports.

Seems the typically brunette-preferring, two-time Sexiest Man Alive, 47 — who split from Las Vegas cocktail waitress Sarah Larson in May — and Hilton, 27 — who called it quits with "best friend" Benji Madden in November — were twice spotted out together in Los Angeles last month.

The first sighting took place on Dec. 19 at the Whiskey

Bar, where George and Paris supposedly chatted, downed drinks, flashed their pearly whites and maintained constant eye contact, msn.com says.



"They were laughing and smiling at each other throughout the night," a spy tells L&S, with another adding to In Touch, "They were gazing into each other's eyes and smiling and laughing."

The following night, the implausible pair was reportedly seen breaking bread at Dan Tana's with an eclectic group of stars and friends.

"Paris was flirting big-time," an eyewitness recalls to In Touch. "And George was soaking it up." **METRO NEWS SERVICES**

Baby stress for Jennifer and Marc

MARRIAGE Solo trips to Las Vegas, public appearances without their wedding rings — what's up with Marc Anthony and Jennifer Lopez? According to those who observed them on a holiday vacation to Puerto Rico, nothing, people.com reports.

The couple, who left for their romantic jaunt on Dec. 26, rang in 2009 poolside at La Concha Hotel, reports the Puerto Rico newspaper El Voce.

People.com says that on their trip, the couple also attended the gubernatorial inauguration and had a cozy dinner together at Marmalade restaurant in Old San Juan.

What's more, a reliable source

tells People magazine that Lopez, 39, and Anthony, 40, are seriously considering purchasing property at Trump's International Golf Club Puerto Rico, where they took a tour over the holiday.

While both

their reps tell the magazine that the couple is "great," insiders indicate that their marriage isn't perfect. "They have been having problems, like in any marriage," says one. "They've been arguing."

The likely cause? The growing pains that come with raising 10-month-old twins Max and Emme, people.com said.

"The marriage is experiencing frustrations because of the added stress of the twins," says another source familiar with the situation, "but they will work things out. They love each other, and that will dictate what happens. I don't think divorce is in the picture."

METRO NEWS SERVICES



Britney gives up control

PEOPLE It's official: Britney Spears cannot take care of herself. According to Access Hollywood, court papers have been filed giving her father, Jamie, permanent control of her finances and personal life.

Jamie was given temporary control in October. The papers state that Britney "is substantially unable to man-

age ... her financial resources or to resist fraud or undue influence."

They also describe the singer "is unable properly to provide for his or her personal needs for physical health, food, clothing, or shelter."

METRO NEWS SERVICES



No custody battle, Jodie hopes

LEGAL Jodie Sweetin and estranged husband Cody Herpin "are working hard to avoid a protracted custody battle," the actress's lawyer tells people.com

The former Full House star, 26, and Herpin, 31, attended their first joint mediation session this week at an Orange County, Calif., court.

"They're trying to work things out regarding the sharing of their

child," attorney Wilma Presley says. "As far as reconciliation as a couple goes, in family law, you just never know."

Despite recent court drama, "Jodie is doing very well," Presley adds. "She had a very nice Christmas. She had her daughter on Christmas Eve and morning, and so far, the sharing has been smooth."

METRO NEWS SERVICES



Pink wants to give away ex

RELATIONSHIP Pink wants to give her estranged husband away if he marries again, femalefirst.co.uk reports.

The singer has revealed she and Carey Hart have remained close since they separated last year, and she would support him if he ever decides to commit to someone else.

Pink, 29, said: "I told him that I would give him away at his next wedding."

The couple announced they were planning to

divorce in February 2008 after two years of marriage.

METRO NEWS SERVICES



Hathaway hates weddings

PEOPLE Anne Hathaway hates weddings, despite starring as a battling bride in new film, Bride Wars, femalefirst.co.uk reports.

The actress, who split from former fiancé Raffaello Follieri after he was arrested and jailed for fraud, says, "Weddings have never really been my thing. I really have never thought about it. I just want a good hus-

band ... (but) I don't date that much."

Instead, she would rather skip the wedding day charade in the hope of living a happier life.

The website notes this comes as a shock, as Hathaway, 28, has appeared in a string of wedding films including Rachel Getting Married, The Princess Diaries 2: Royal Engagement.

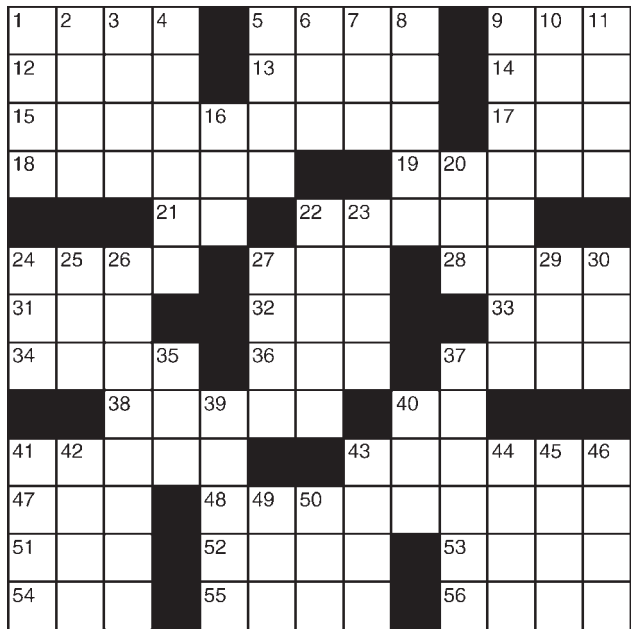
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Andrew Schultz, Weather Specialist – Breakfast Television
 “I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta.”
WEEKDAYS AT 6 A.M.

Take Five



Crossword across

- | | | |
|---------------------|----------------------|------------------------|
| 1 Heche or Hathaway | lengtheners? | 41 Dictation taker |
| 5 Kine | 27 Snake eyes | 43 Not quite |
| 9 Aries | 28 Lummoxes | 47 Spoon-bender |
| 12 “Groovy” | 31 Antiquated | Geller |
| 13 “Hi, sailor!” | 32 Toward the stern | 48 “Deliverance” actor |
| 14 First lady? | 33 Savings acronym | 51 Puppeteer |
| 15 “Becker” star | 34 Puff | Baird |
| 17 Part of DJIA | 36 Greek consonants | 52 Canal zone |
| 18 Record container | 37 Let fall | 53 Dance lesson |
| 19 Go on all fours | 38 Dynamite inventor | 54 Fa-la link |
| 21 Concerning | 40 Author Milne | 55 Hourglass fill |
| 22 Plant louse | | 56 Japanese zither |
| 24 Nose | | |

Crossword down

- | | |
|------------------------------|-------------------------|
| 1 Gospels’ follow-up | 25 Under the weather |
| 2 Yuletide refrain | 26 Al Bundy’s portrayer |
| 3 Protuberance | 27 Domesticated |
| 4 Respectable people? | 29 To and — |
| 5 Chaplin prop | 30 Tree fluid |
| 6 Surprise cries | 35 Took the prize |
| 7 Court | 37 Grayish red |
| 8 Simultaneity | 39 Skeleton components |
| 9 Famed oilfield firefighter | 40 Milwaukee product |
| 10 Acknowledged | 41 Long lunches |
| 11 Kitten’s remark | 42 Small combo |
| 16 Rd. | 43 Sleeping |
| 20 “Flying Down to —” | 44 Sgt. Snorkel’s dog |
| 22 Terrible | 45 Undo a dele |
| 23 Cookware | 46 Glitch in print |
| 24 High-arc shot | 49 Historic time |
| | 50 Cacophony |

PREVIOUS DAY’S CROSSWORD AND SUDOKU ANSWERS:



5	7	9	6	3	8	1	4	2
1	6	8	2	9	4	3	7	5
3	4	2	1	5	7	9	8	6
8	3	1	5	7	6	4	2	9
7	2	4	8	1	9	6	5	3
6	9	5	4	2	3	8	1	7
9	5	3	7	4	1	2	6	8
4	8	7	9	6	2	5	3	1
2	1	6	3	8	5	7	9	4

Find today’s answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min	Smart
Under 13 min	21-25 min	Not bad
13-17 min	25+ min	Keep practising

Metro Recipe of the Day



Pork chops with parsnips and maple pear wedges

INGREDIENTS:

- 4 lean pork chops, trimmed of fat
- 2 tbsp (25 ml) olive oil
- 2 garlic cloves, finely chopped
- 2 tbsp (25 ml) chopped fresh sage
- 1/2 tsp (2 ml) fennel seeds, roughly crushed
- 1/4 cup (60 ml) balsamic vinegar
- 2 red onions, quartered
- 4 potatoes (about 1 lb/500 g in total), peeled and quartered
- 2 large parsnips, peeled and quartered lengthways
- 1 large pear, ripe but firm
- 2 tbsp (25 ml) maple syrup

METHOD:

- Place chops in wide dish. Sprinkle over oil, garlic, sage, fennel seeds and 2 tbsp (25 ml) balsamic vinegar. Turn to coat evenly, then cover and place in refrigerator to marinate for 1 hour.
- Preheat oven to 400 F (200 C). Combine onions,

potatoes and parsnips in large roasting pan. Add pork chops with marinade and turn vegetables to coat evenly. Spread out vegetables in a single layer, with chops on top. Season to taste. Roast for about 40 minutes until vegetables are tender and golden.

3. Core pear and cut into eight slices. Toss in remaining balsamic vinegar and maple syrup. Remove roasting pan from oven and arrange pear slices over chops, spooning over syrup mixture.

4. Return to oven and roast for a further 10–12 minutes until pears are tender. Serve pork chops topped with pear slices and juices, with roasted vegetables alongside.

SERVES 4



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
 A commotion forces you to look for an adviser. A bullying fool comes between you and an outsider. You'll enjoy an unforgettable day.



TAURUS
APRIL 21-MAY 21
 You'll influence a thoughtful person. A woman will give you a moving response. A relevant call will change your opinion.



LIBRA
SEPT 23-OCT 23
 Someone's attention puts a sparkle in your eye. A friendly employer has a hidden agenda. Unusual risks will be taken by the usual person.



SCORPIO
OCT 24-NOV 22
 A wise guy's chatter will exhaust you. Don't make the first move when you're doubtful. A know-it-all wants to make a good impression.



GEMINI
MAY 22-JUNE 21
 You'll ditch a fruitless task. A thin guy is in a crude predicament. Somebody can help you in a boring situation.



SAGITTARIUS
NOV 23-DEC 21
 A woman won't hide her feelings. Someone is just begging for more attention. A thoughtless person will tease you.



CANCER
JUNE 22-JULY 22
 A collector wants to concentrate on the good news. A companion gives you a fine gift. Financial opportunities will gratify a senior.



CAPRICORN
DEC 22-JAN 20
 You'll witness some moments of bad behaviour. A schemer wants to spend time with you. You'll be able to tolerate a lack of sympathy.



LEO
JULY 23-AUG 23
 An awkward man disputes a change. You'll feel like you're moving the wrong way. Pleasure can be shared with a rebel.



AQUARIUS
JAN 21-FEB 18
 Something serious takes place. Political issues cause talk of tribulation. A magnetic man will prove to be trustworthy.



VIRGO
AUG 24-SEPT 22
 Keep a straight face when someone asks you to pay. Don't mess around with a miracle worker. A whiny friend needs to see a therapist.



PISCES
FEB 19-MARCH 20
 A suspicious person has lousy luck. Pay no heed to disgruntled people. You'll find a way to avoid temptation.



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